## Important Dates

### OCTOBER
- **Mon 24th - Fri 28th**: Bike Education
- **Thurs 27th**: Girls AFL Football Gala Dinner - selected students only

### NOVEMBER
- **Tues 1st**: Melbourne Cup - Mano Cup dress up today
- **Fri 4th**: Funky Fluro Walkathon!
- **Thurs 10th**: 3rd Prep transition - 11:30am-1pm
- **Fri 11th**: Walkathon back up day
- **Sat 12th**: Isabout Shopping Tour - school fundraiser
- **Mon 14th – Fri 25th**: Prep & Junior Swimming
- **Weds 23rd**: Blue Light Disco - senior students

## 2017 Essential Student Learning Items & Booklists

School Council has recently approved the following Essential Student Learning Items and Booklist charges for 2017. Further details regarding these items will be sent to families on Monday 7th November 2016.

### Essential Student Learning Items - $140.00 per student
- Includes your child’s Student Diary, Mathletics & Reading Eggs Online Subscriptions, Photocopied Resources, Assignment & Project Construction Materials and selected Sports activities for Middles and Seniors students.

Payment of the Essential Student Learning Items can be made directly to Vital Office with the Book Lists online or directly to the school via Qkr, Bpay, Credit Card, Eftpos, Cheque or Cash. We request payment for the Essential Student Learning Items is made by the **end of Term 1, Friday 31st March 2017**.

### Book Lists - Variable
- **Prep** - $63.29
- **Juniors** - $69.69
- **Middles** - $47.17
- **Seniors** - $58.84

Vital Office will provide the schools stationary packs again in 2017. All stationary items required by each year level will be listed online. All stationary packs will be delivered directly to the school the week prior to school commencing in 2017, eliminating home delivery fees.

Please note payments for 2017 Essential Student Learning Items and Booklist orders are not able to be made until **Monday 7th November 2016**.

Jessie Burney
Business Manager
‘Mano Cup’ Day activities - On Melbourne Cup Day (Tuesday November 1st) classes will operate pretty much as usual for our students.

Some special activities are planned for this day, including:

- Students are encouraged to dress up and there will be a Mano Parade on the middle terrace at 9:15am,

- A special canteen lunch order has been made available for this day and we hope, with the weather permitting, to enjoy lunch as a whole school community on the oval, beginning at 1.20pm.

Walkathon – Friday November 4th - Students have been busy gaining supportive sponsors for this event, which promises to be a whole school fun day and one which encourages physical activity. We greatly appreciate the parent volunteers who will make this event run smoothly, especially regarding crossing roads and catering arrangements (fruit preparation and bbq duties). Similar wonderful parental support has been allowing the current Middles Bike Education program to go so well – smaller groups and closer monitoring of skill development sessions.

Swimming program - Our 2 week swimming program kicks off on Monday November 14th for Preps and Juniors. This is a very important component of the school curriculum and living on and near the coast, a very relevant one. Travelling to and from the pool each day is quite ‘disruptive’ to the regular program and students will be quite tired I’m sure by the end of the fortnight. Support to ensure continuity of attendance is vital as students develop their skills and competencies in the water.

Barry Rowland
Principal

If your are wishing to purchase more concert photos please place your order at the School Office - $2 per photo!

Student Council at work - Under the direction of Mr Hambrook (and John our gardener) our Student Council team have been helping to improve our school grounds. On Wednesday lunchtime of this week they helped to spread mulch on to garden beds near the Multi, following on from recent Working Bee efforts in this area. It is terrific to see students so enthusiastically working together as a team and they are keen to do more community improvement projects! The garden beds around the lower car park are looking great and I also note the significant contribution of the North family re planting of this particular area.

Funky Fluro Walkathon
This year, our annual Mano Walkathon will be a Funky Fluro Walkathon. Students are encouraged to wear a splash of something bright, along with their full school uniform, as we walk a 5km circuit from our school to Elderslie Reserve in Newtown on Friday November 4th. Students are encouraged to seek out sponsors for each kilometre they walk on the day, with the money raised being used for the continual upgrade of our school’s play equipment. Mr Seeckts is also in need of some assistance from parents on the day who are available to help prepare and transport the fruit to the Elderslie Reserve, as well as parents who can assist with cooking the BBQ from 10am on the day. Please drop past his room (Room 3) in the main building if you are available to help!

Road Safety
A concern has been brought to our attention regarding students crossing the road unsafely. If you are picking a student up from school, please ensure that you are safely crossing the road WITH your student and not calling them across the road in front of heavy traffic. We are fortunate with the 40km/h zones right around the school and we can be thankful that no one was hurt.
Newport Gardens
Manifold Heights
Mandama

Results:
thanks to Mrs Thornton and Mrs Jones who transported the boys to Keilor.
good opposition teams which resulted in all games being very close! Many
Western Region Softball Championships. The boys played very well against
On Wednesday the Boys Softball Team travelled to Keilor to compete in the
Softball
we wish you well in Sydney!
also resulted in Ebony being selected in the Victorian Team to compete at the
Championships in Melbourne. Ebony competed in the Girls 12/13 Years Long
On Monday 24th October, Ebony McLean competed at the State Athletic
School Sport Victoria State Athletic Championships

Art Award
Kaisercraft are kindly sponsoring a weekly Art Award this term. Each week
one student will receive a $10 Kaisercraft voucher. This week’s Art Award
goes to:

PB DALIA ATANASOVSKI - For always taking pride and producing her very best work! Congratulations Dalia keep up the great work!
PH OLLIE BROWN - For taking pride in his reading the past fortnight. Ollie has been having a red hot go at attacking tricky words and
reading with great expression! Outstanding, Ollie!
PT MATILDA MORGAN - Matilda has taken pride in her writing this week and has produced some excellent pieces of work! Marvellous
Matilda!
JB RILEY SAMUELS - Riley is a terrific role model, always presenting her work magnificently and taking the time to complete her work
to a high standard! Well done, Riley!
JC JASMINE ARNEL - For always putting effort into her work! Well done, Jasmine!
JF MAEVE BENSON - For using excellent ideas when presenting her work and by giving up her time freely to help others! Awesome
work, Maeve!
JH EVE MCDONALD - For showing excellent resilience and effort in taking on feedback during Numeracy and taking pride in what she
does! Brilliant work, Eve!
JO GRACE REED - Grace takes great pride in the presentation of her work and it is always presented in a terrific manner! You’re a
star, Grace!
JS ANGUS COOPER - Angus takes a lot of pride in his published work, as shown by the effort he put into producing his diamante
poem this week! Awesome, Angus!
MA KAYLA MCKAY - For showing amazing resilience during Bike Ed, she has improved out of sight! Awesome work, Kayla!
MG BEN DIMOVSKI - For taking great pride in the presentation of his work. It's fantastic to see someone who is prepared to take the
time required to do their very best!
MH JESSICA BURROWS - For creating a fantastic ‘road safety’ poster displaying all her knowledge about road signs! Great effort Jess!
MR HARMONY HUDROVIC - For consistently taking pride in her work and always delivering a VERY high standard! You're a true role
model in MR, Harmony!
MS IZAK PANKHURST - Izak has shown real maturity this week in class and has completed some excellent work as a result! Keep up
the terrific work, Izak!
SB MARLI PENN - For being an exceptional role model in demonstrating how to take pride in her work! Your effort and detail in
everything you complete is outstanding, Marli!
SE EMILY SUTER - Emily takes enormous pride in her work! She always ensures she has complete each component of the task and
her work is always finished with beautiful presentation! Superb, Emily!
SV WILLEM GIBSON - Willem has begun Term 4 with a fresh start where he has shown respect for his own work by taking pride in all
his work! Wonderful, Willem!
SW ARIELLE RENTON-GIBB - For always taking pride in her work. Arielle you demonstrate neat and detailed work, as well as
contributing all you wonderful ideas in whole class discussions! Well Done!

Music
WILLIAM FLETCHER - William takes pride in all his Music work and tries his best when performing songs and working with
instruments! Excellent, William!

Camps, Sports and Excursions Fund (CSEF) 2017
CSEF is provided by the Victorian Government to assist eligible families to cover to costs of school excursions, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

Parents or legal guardians are required to complete a CSEF application form and lodge it with the Office for processing. Application forms should be completed and lodged with schools by 3rd March 2017, as payments are made from March. However schools will be able to accept and process applications up until the end of term two each year. Contact the office to obtain a CSEF application form or download from www.education.vic.gov.au/csef. Please ensure a copy of your means-tested concession card is provided with your CSEF application form. If you were eligible and received CSEF in 2016 please ensure a new application form is completed for 2017 prior to 3rd March 2017.

Jessie Burney,
Business Manager
Dear Parents/Guardians,

Just another reminder for our annual upcoming ‘Mano Cup’ next week **Tuesday 1st of November**. All **special lunch** menus for students have been handed in, thank you for getting them in all on time. The lunch will take place for students at **1:15pm on the oval**, students if they wish can bring a small rug or picnic blanket to relax and enjoy their lunch on. Below are the details you need to know:

**Parade kicks off at 9:15am** sharp on middle terrace at assembly area.

Students to come dressed as anything or something to do with the ‘Melbourne Cup’. Some examples are jockey, gentleman, lady with a fascinator, horse onesie, colourful clothing, dress to impress etc.

Thank you,
Student Council and Mr Hambrook

---

**Queenscliff Bike Ride - grades 5/6**

We are beginning to plan for this year’s annual Queenscliff Bike Ride. The ride is expected to take place on **Thursday December 15th and Friday December 16th**. At this point in time the ride/camp is only in the planning stage and we are seeking expressions of interest from students and parent helpers.

A large number of parent helpers are required to support the staff in this activity. Please note, if there are not enough parent helpers then the ride will not be able to go ahead. Please see Amy Barr in the seniors if you know you are available to help.

Amy Barr

---

**Congratulations Annabelle!**

Annabelle Stacey from Middle H has been selected for a second time this year to go to the AIS in Canberra for specialised gymnastics training. Annabelle currently trains 5 days a week including before, during and after school on some of these days.

It is a fantastic achievement to be invited to the AIS at only 9 years old!

We wish Annabelle luck for her upcoming training and best wishes for the Australian Classic Gymnastics Competition in November.

Go Annabelle!

---

**Proven Ways Water is Good for Everyone!**

Why not drink more water? If you drink sweet or diet soft drinks, it might be time to think of replacing that with water. There are lots of reasons why it’s a good idea!

**It balances our body fluids**

About 60 percent of the adult human body is made of water, and keeping our fluids balanced means that all that water is doing its job—transporting nutrients, aiding digestion, regulating temperature, and so on. Children have a higher concentration of water!

**It keeps things moving, digestion-wise**

Water helps us dissolve fats and soluble fibre. Drinking enough water prevents constipation and also reduces the burden on the kidneys and liver by helping to flush waste products.

**It helps us get over fatigue especially when exercising!**

It might protect against some types of cancer

Research has found that the greater the fluid intake, the lower the incidence of bladder cancer, with more significant results when the fluid is water. Staying hydrated may also reduce the risk of colon cancer and breast cancer. It can improve mood. Drinking water makes us feel so refreshed that it actually improves our state of mind. You don’t even have to be severely in need of it to benefit: Even mild dehydration has been shown to negatively impact moods.

**it's been linked to heart health**

Can drinking water keep us heart healthy? There seems to be a link between risk of death from coronary heart disease and water intake. Research has shown both that consuming more water means a lower risk of death from coronary heart disease and that risk of death rises when intake of "high-energy fluids" (like soda and juice) increases.

---

Dear Parents/Guardians,

Just another reminder for our annual upcoming ‘Mano Cup’ next week **Tuesday 1st of November**. All **special lunch** menus for students have been handed in, thank you for getting them in all on time. The lunch will take place for students at **1:15pm on the oval**, students if they wish can bring a small rug or picnic blanket to relax and enjoy their lunch on. Below are the details you need to know:

**Parade kicks off at 9:15am** sharp on middle terrace at assembly area.

Students to come dressed as anything or something to do with the ‘Melbourne Cup’. Some examples are jockey, gentleman, lady with a fascinator, horse onesie, colourful clothing, dress to impress etc.

Thank you,
Student Council and Mr Hambrook
Mano’s before and after school care program is run by Camp Australia. More information can be found at www.campaustralia.com.au

OSHC school number: 5229 7257
Customer Service: 1300 105 343

- ‘We make kids smile’

Music Lessons AT school
Piano, keyboard, Guitar, Ukulele, Drum or Singing Lessons
During &/or After School Hours at School

To enrol in, or to obtain more information please contact Meagan: mbmt@bigpond.com

Providing Music Lessons in local schools since 1985.

Bellarine Uniforms
Proud suppliers of the Manifold Heights Primary School uniform
Open: Monday – Friday 9.00am – 5.30pm
Saturday 9.00am – 1.00pm

Skoolbag
You can download our Skoolbag app for FREE at the App Store (iPhones) or Google Play Store (Android). Just search Manifold Heights Primary. This is a great method of communication between the school and our parent community!

You ARE KIND.
YOU ARE SMART.
YOU ARE IMPORTANT.

ARE YOU READY?

Life’s journey is full of change, both planned and unplanned:
- Purchasing a home
- Raising a family
- Career changes
- Retirement
- Unexpected injury or illness

COMPLIMENTARY FINANCIAL HEALTH REPORT $770 VALUE

Geelong 2/74 Gheringhap St.
1300 miPlan (642756)
inquiry@miplan.com.au